



MENU



Monkey & Me
kitchen adventures

BREAKFAST IDEAS

- Vegan Warm Dijon Potato Salad
- Plant Yogurt w/ Fruit & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Fast and Easy Sesame Noodles
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Budget Friendly Black Bean Chili
- Vegan Nachos Mac and Cheese
- Southern Collard Greens
- Texas Style Barbecue Tempeh
- Lemon Poppy Seed Dressing Bowl
- _____
- _____

SNACKS IDEAS

- Classic Vegan Coleslaw
- Fruit and Veggies
- _____
- _____
- _____

Notes:





WHAT'S INCLUDED

- Instructions (How to guide)
- WFPB Monkey & Me's Menu
- Shopping List (For Dinners)

MENU

- Includes breakfast, lunch, dinner, and snack ideas with additional spaces to write in your own ideas, as well as, a section for notes.
- Each week we will feature a new menu, which is numbered. Each numbered menu has a corresponding shopping list.

SHOPPING LIST

- Includes a shopping list for all the dinner ideas listed on the menu.
- We have segmented the shopping list into categories.
- Each dinner has a corresponding "Recipe Code."
Example Recipe Code:
Southern Collard Greens (SCG)
Asian Veggie Stir Fry (AVS)
- With each shopping item, there is a "Recipe Code" along with an amount that indicates how much of that particular shopping item is needed to make that recipe.
Example Shopping Item:
celery stalks [(SCG=2) (AVS=1)]
- This allows you to easily and quickly subtract any recipe you choose not to make.



Monkey & Me's Menu #151 Shopping List

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PRODUCE

- Garlic [(B=2T) (S=1T)]
- Large Yellow Onions [(S=1)]
- Medium Yellow Onions [(B=1)]
- Red Onions [(L)]
- Green Bell Peppers [(S=2)]
- Carrots [(N=1) (L)]
- Celery Ribs [(S=2)]
- Russet Potatoes [(N=12 oz.)]
- Mini-English Cucumbers [(L)]
- Salad Greens of Choice [(L)]
- Collard Greens [(S=2 bunches)]
- Avocados [(B)]
- Cilantro [(B)]
- Lemons [(S=2T) (L=4T)]
- Limes [(B=1t)]
- Strawberries [(L)]
- Blueberries [(L)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(L=.33C)]
- Poppy Seeds [(L=1T)]
- Hemp Seeds [(L)]
- Pepitas [(L)]
- Distilled White Vinegar [(N=2t) (Q=3T) (L=1t)]
- Ume Plum Vinegar [(N=1.5t)]
- Apple Cider Vinegar [(L=1t)]
- Tomato Paste [(Q=2T)]
- Tomato Sauce [(Q=8 oz.)]
- 4 oz. can Mild Green Chilies [(N=1)]
- 28 oz. can Petite Diced Tomatoes [(B=1)]
- 16 oz. can Kidney Beans [(S=2)]
- 15 oz. can Black Beans [(B=2)]
- Nutritional Yeast [(N=2T)]
- Cornmeal [(B=2T)]
- Baking Soda [(B=pinch)]
- Cornstarch [(S=2T) (Q=2t)]
- Tahini [(N=1T)]
- Liquid Smoke [(S=1t) (Q=.25t)]
- Pure Maple Syrup [(Q=.5C) (L=2t)]
- Molasses [(Q=3T)]
- Pineapple Juice [(Q=.25C)]
- Elbow Macaroni [(N=10 oz.)]
- Hot Sauce [(S=.25t)]

✓ **Frank's RedHot Sauce**

- Tamari [(Q=1t)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(S=3.5C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- 8 oz. package Organic Tempeh [(X=2)]
- Unsweetened Plain Plant Milk [(L=2T)]
- Miso [(L=1t)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Cayenne Pepper [(Q=pinch)]
- Chili Powder [(B=1T) (Q=.5t)]
- Chipotle Powder [(N=pinch)]
- Cumin [(B=.5t)]
- Garlic Powder [(B=1t) (N=1t) (S=1t) (Q=.5t) (L=.5t)]
- Dried Ground Mustard Powder [(N=.25t) (Q=2t) (L=.5t)]
- Onion Powder [(B=1t) (N=1t) (S=1t) (Q=.5t)]
- Dried Minced Onions [(B=2T)]
- Smoked Paprika [(B=1t) (N=1t) (S=2t) (Q=1.25t)]
- Red Pepper Flake [(S=.25t)]
- Sea Salt

MISC:

- Tortilla Chips (of choice) [(B) (N)]
- Burger Buns (of choice) [(X)]
- _____
- _____
- _____

Recipe Code: Budget Friendly Black Bean Chili (B), Vegan Nachos Mac and Cheese (N), Southern Collard Greens (S), Texas Style Barbecue Tempeh (X), Sweet and Smoky BBQ Sauce (Q), Vegan Lemon Poppy Seed Dressing Bowl (L)